



NAVY MEDICINE
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Item of Interest:

October is National Breast Cancer Awareness Month. For over 20 years, women and men have been educating themselves about early breast cancer detection, diagnosis and treatment. Thought breast cancer is usually detected and diagnosed in women over the age of 40, breast cancer can affect both women and men, sometimes at a very early age (20's). One of the ways to check your breast health is a monthly self breast exam. Mammograms are the best line of defense in the early detection of breast cancer. If you suspect that you may have breast cancer, you should contact your physician immediately. For more information on breast cancer, visit <http://www.cancer.gov/cancertopics/types/breast>

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Multiple NHB Nurses Claim Preceptor of the Year Status from University of Washington

**By Mass Communications Specialist 1st Class (SW) Fletcher Gibson,
Naval Hospital Bremerton Public Affairs**

BREMERTON, Wash. - The University of Washington's Dean of Nursing made the trip across the Sound to Naval Hospital Bremerton (NHB) Sept. 18 to present the school's Preceptor of the Year Award to NHB staff members who've shown continued excellence in teaching over the past year.

While historically the award has only been given to a single recipient each year, this year the Dean, Dr. Nancy Woods, said the deciding committee came to a different conclusion.

"This year we realized we couldn't present just one Preceptor of the Year Award," she said. "This year we're honoring six."

The recipients were Capt. Deborah Hill, Cmdr. Trisha Farrell, Cmdr. Paula Sexton, Lt. Cmdr. Zaradhe Yach, Lt. Jennifer Smith, and Sharon Hento.

These six were selected from the nearly 20 nominees submitted to the UW School of Nursing by the nurse practitioner students receiving practical hands-on training at hospitals around western Washington. NHB itself typically has 3-4 of

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DELERAM, Afghanistan - Hospital Corpsman 1st Class Louie Bismonte and Hospitalman Michael McCarthy, both assigned to 2nd Battalion 7th Marines, administer an IV to a dehydrated Marine in Camp Deleram Sept. 11. U.S. Marine Corps photo by Lance Cpl. James T. McKenzie

NMCSD Pharmacy Offers Mammograms While You Wait

By Mass Communication Specialist
2nd Class Joseph Moon, Naval Medical Center San Diego Public Affairs

SAN DIEGO - Naval Medical Center San Diego's pharmacy and Breast Health Center introduced a joint program called "Mammograms While You Wait" Sept. 15.

"The program takes advantage of the time patients wait for a prescription to be processed at the pharmacy," said Cmdr. David Cline, Breast Health Center department head.

When a patient arrives at the pharmacy to have a prescription filled, the technician asks female patients age 40 and older if they have had a breast exam in the last year. If the patient has not had one, the technician suggests that they take advantage of the program, which gives the patient head-

of-the-line privileges at the Breast Health Center. By the time the patient is finished with the mammogram their prescriptions will be filled and waiting for them at the pharmacy.

"It is a terrific service for patients, who can use their time efficiently and in a potentially life saving endeavor," he said.

Cline explained that in the 15 to 20 minutes it takes to process a prescription a patient could receive a mammogram. After discussing it with the pharmacy Department Head Cmdr. Edward Norton, the program was implemented in about two weeks.

"This is the right thing to do for our patient population," said Norton. "We're all on the same team with the goal of ensuring women get screening mammograms."

Even if only a few women used the program, he would consider it a success. In the two weeks since the program's inception, 20 women have taken care of two important health care needs in one short visit, said Norton.

The growth is expected to continue and staff is looking into the feasibility of expanding the program at the two Tricare Outpatient Clinics which also offer mammogram services, explained Cline.

"NMCSD's goal is to exceed the national benchmark for quality by ensuring that over 80 percent of women over age 40 complete a screening mammogram every 12 months," said the Acting Head of Clinical Quality, Chisun Chun, Qual-

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Navy Announces Updates to Physical Readiness

By Chief Mass Communication Specialist (SW) Maria Yager, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. - A NAVADMIN released Sept. 29 emphasized the Navy's exceptional progress in attaining a culture of fitness and announces several policy revisions to strengthen the Navy Physical Readiness Program (PRP).

"Navy Physical Fitness Assessment (PFA) failures have decreased more than 50 percent over the past four years. We're really seeing a change in culture and change in lifestyle. Better fitness ultimately leads to better quality of life, better performance and better readiness," said Rear Adm. Daniel P. Holloway, director, Manpower, Personnel, Training and Education, N13.

In recent years, the Navy has made significant strides in helping Sailors achieve a culture of fitness. The addition of elliptical and stationary bike options for the cardio portion of the PFA was welcomed by many Sailors. A General Military Training (GMT) program on NKO in 2008 provides Sailors greater insight for physical training and preparing for the PFA. Most recently, an official PT uniform was adopted around the fleet.

"Since 2005, the Navy has made significant strides to support and encourage physical fitness," said Holloway, citing the addition of new testing options, which include the elliptical and stationary bike. "The majority of Navy personnel performs the PFA semi-annually and can easily meet or exceed the minimum physical fitness standards. I challenge each of you to continue the excellent progress we've made to improve Navy's overall physical fitness for the improved health and readiness of the force."

The new NAVADMIN builds on the Navy's culture of fitness and supports the rigors of shipboard life, global missions and individual augmentees, according to Holloway. The changes announced in NAVADMIN 277/08 include:

Effective Oct. 1, 2008, unless the most recent PFA was passed, Sailors who have failed two PFAs in the past three years shall not be assigned to overseas, pre-commissioning, instructor duty, special programs billets, or Global War on Terror (GWOT) Support Assignments (GSA). Special programs billets include recruit division commander, recruiting duty, joint duty and Washington D.C. staff.

Additionally, individuals who have not passed the current PFA and have failed three times in four years, will not be allowed a short term extension for the purpose of passing the PFA.

Software upgrades to the Physical Readiness Information Management System (PRIMS) will allow commands to enter all waivers, including current progress and readiness waivers. Commands are required to enter all PFA waivers into PRIMS. Current waivers must be entered no later than Dec. 15, 2008.

This upgrade will allow the Navy to track the progress of Sailors who need administrative separation processing due to multiple PFA failures.

Effective Oct. 1, 2009 the Navy will discontinue waivers for progress. The present requirement for processing for administrative separations (ADSEP) for three PFA failures within a four-year period remains.

For more information read NAVADMIN 277/08, posted on the NPC Web site at www.npc.navy.mil



SAN DIEGO - Wounded service members from veterans hospitals around the U.S. participate in a cycling competition at Embarcadero Park in San Diego Oct. 2. The weeklong series of competitions is part of the inaugural National Veterans Summer Sports Clinic in San Diego. *U.S. Navy photo by Mass Communication Specialist 3rd class David A. Brandenburg*

Naval Hospital Camp Lejeune Gets Clean Bill of Health

By Raymond Applewhite, Naval Hospital Camp Lejeune Public Affairs Office

CAMP LEJEUNE, N.C. - Naval Hospital Camp Lejeune has been fully re-accredited by the Joint Commission on Accreditation of Health Care Organizations after a five day review of practices and procedures. The three year accreditation validates that the hospital meets the national standards of care.

In late August, the hospital was visited by an 18 member team comprised of inspectors from Joint Commission and the Navy Medical Inspector General. The Commanding Officer received a short five day notice that they would be arriving.

"We did well and I am pleased that the surveyors chose our hospital to visit at this time. We know that we always have room for im-

provement and they pointed out some areas that we can improve on. Our hospital has a very dedicated and hard working staff who works together as a team to meet the mission. I am pleased with their overall efforts," said Capt. Gerard Cox, commanding officer, Naval Hospital Camp Lejeune. Cox had been onboard for a little over a week when the survey teams arrived.

The Joint Commission, an independent, not-for-profit organization, is the United States' largest and oldest health care accrediting body. Their primary mission is to look for opportunities to improve the safety and quality of care hospitals provide to patients. The survey teams travel throughout the U.S and outside of CONUS and have evaluated more than 15,000 healthcare organizations and programs and more than 8,000 hospi-

tals and home care organizations.

During the combined visit, the surveyors did not focus solely only on the hospital main building, but visited the 6 hospital branch clinics. They evaluated medical and military unique programs that included the quality of healthcare, training programs and staff education.

"We are committed to providing superb family centered care to thousands of Marines and Sailors of II MEF, Retirees and their family members living in the Camp Lejeune area. The simultaneous visit by the Joint Commission and the Medical Inspector General means that our programs were carefully evaluated and that our hospital is safe," said Cox.

The hospital has enjoyed years of continual accreditation last underwent the accreditation process in the fall of 2005.

NHB continued...

(Continued from page 1)

these students undergoing one-on-one advanced nursing instruction each quarter, with each hand-picked preceptor committing 80 hours during that quarter to ensuring the student gets the widest variety of experience they can.

"When they're learning in class, they learn all the science of medicine, but here they can refine their art," said Hill, a pediatrics NP and preceptor for 10 years.

"These are all nurses in a doctorate program learning to be providers as nurse practitioners, and this gives them an opportunity to be mentored and practice their new skills," added Farrell, a nurse practitioner for the hospital's obstetrics clinic and preceptor of 11 years. "The added advantage is showing people the work we do at Naval Hospital Bremerton."

Woods agrees, saying that not only did the six award winners stand out as being excellent preceptors, but represented the excellent teaching taking place at Naval Hospital Bremerton.

"For more than 14 years, Naval Hospital Bremerton

has been an incredible resource to the School of Nursing," she said.

The diversity of the patients seen at a Naval Hospital gives the student a broad spectrum of experiences, she said, and the structure of patient care, with minimal referrals outside the hospital itself, allows each student to follow a case all the way to its conclusion. Even the patients themselves make it easier on the students.

"The really cool thing about military facilities is that our patients are used to teaching," added Hill, "Many of our facilities are used for teaching and our patients are very receptive to the students."

The only disadvantage is the distance. As University of Washington students, each nurse practitioner-to-be has a bit of a distance to travel to reach Naval Hospital Bremerton. But when it comes to assigning training locations to the students, Fiona Shannon, the clinical site coordinator for the UW program, said the benefits outweigh this drawback.

"The students know it's a long commute to Naval Hospital Bremerton," she said. But all of them know it's worth every second."

NOMI CPO Awarded Bronze Star for Actions in Iraq

By Lt. j.g. Shani Henry, MSC, Naval Operational Medicine Institute Public Affairs Office

JACKSONVILLE, Fla. - "I was simply just doing my job," Chief Hospital Corpsman (SW) Joven M. Zano recently told a group of Naval Operational Medicine Institute (NOMI) instructors, students, family and guests following the presentation of his Bronze Star Medal in Pensacola, FL.

"When I first volunteered for this IA duty, I had no idea that I would be part of a transition team mentoring our Iraqi counterparts in a remotely located Iraqi Forward Operating Base (FOB)," said Zano, an Independent Duty Corpsman instructor at the Surface Warfare Medical Institute (SWMI) in San Diego.

The award, said Zano, distinguished himself as senior medical advisor while serving in An Numani-

yah, Iraq, from April 15, 2007, to April 9, 2008, during Operation Iraqi Freedom (OIF).

The Bronze Star award citation read as follows:

"While serving as convoy medic during a convoy reconnaissance mission, his High Mobility Multipurpose Wheeled Vehicle was severely damaged by an explosively formed penetrator (EFP). Zano displayed exceptional leadership and medical skills by rallying on short notice with his unit's quick response force convoy to provide initial medical treatment to coalition convoy personnel injured during an EFP attack. He was the only medical person available, and he provided lifesaving medical care above and beyond his scope of practice. Zano honored the finest traditions of military service and reflected distinct credit upon himself, the Multi-National Security Transition Command-Iraq, and the United States Navy."



JACKSONVILLE, Fla. - Chief Hospital Corpsman (SW) Joven M. Zano (right) is congratulated by Capt. Yves Nepomuceno (left) after Zano received the Bronze Star. U.S. Navy photo by Lt. j.g. Shani Henry

"I owe my actions to my mentors who taught me to become a better medical provider," Zano said, "and to the years of experience in the operational medical field which tremendously helped me in carrying out my job."

Mammogram continued...

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ity Management NMCSD.

These are national standards for quality care for all managed care organizations established by the National Committee for Quality Assurance and tracked through the Healthcare Effectiveness Data and Information Set (HEDIS), said Chun.

The lifetime probability of developing breast cancer in American women is one in eight, according to the Centers for Disease Control.

Survival rates are better when detected and treated early. Of the 11,000 women aged 40 to 69 enrolled to NMCSD in the San Diego area, over 400 women still need a screening mammogram.

The Breast Health Center is located at NMCSD in building one on the second floor and while this program allows for walk-ins, appointments can be made by calling (619) 532-5828.

Regular mammography appointments can also be scheduled at the Tricare Outpatient Clinics in Claire-

mont at (619) 645-0157 and Chula Vista at (619) 744-5355. Patients can self-refer and call a central phone number, (619) 532-7394, to schedule a mammogram at any one of three mammogram centers.

Active Duty women over 40 can call the same number to make an appointment or come to the Breast Health Center on a walk-in basis anytime they have 15-20 minutes between 8 a.m. to 3 p.m., Monday through Friday.



SAN DIEGO - Lead Mammography Technologist Carmen Waters, Naval Medical Center San Diego (NMCSD) Breast Health Center, assists a patient preparing for a mammography Sept. 22. In conjunction with NMCSD's pharmacy, the Breast Health Center has started a new program called "Mammograms While You Wait" which allows patients to take the exam while their prescriptions are being filled. U.S. Navy photo by Mass Communication Specialist 2nd Class Joseph Moon

Partner Nations Working as Partners in Health Care

By Mass Communication Specialist 2nd Class Gina Wollman, Continuing Promise 2008 Public Affairs

LOS CALDERAS, Dominican Republic - Medical personnel embarked aboard USS Kearsarge (LHD 3) worked alongside Dominican Republic Armed Forces Oct. 4 to provide a variety medical services to the community of Los Calderas as part of the humanitarian/civic assistance mission Continuing Promise (CP) 2008.

CP 2008 is a collaborative effort between the United States and partner militaries, nongovernmental organizations (NGO) and partner-nation support organizations to build strong partnerships that can be called upon in the event of a regional situation requiring cooperative solutions.

Local residents were offered various types of medical exams and treatment from both Kearsarge and host nation medical teams. Specialists were also available to aid patients who required additional care.

"We have six specialists on staff today," said Air Force Maj. Judy Martell. "The host nation provided us with a pediatrician, a gynecologist and an orthopedic doctor, and from the Kearsarge we have an optometrist, dermatologist and a nephrologist."

Medical personnel from the Dominican Republic and its Armed Forces said they felt privileged to be working alongside the joint medical staff from Kearsarge.

Dr. Emilton Lopes, a private practice doctor from Los Calderas, said it was very interesting to see so many

people come together for the same cause.

"The people here love to see others come in to help," he said. "It shows them that they are cared for, and when the locals see us working together, it shows a great brotherhood."

Linda Hall Rothery from Project HOPE was equally excited and very appreciative for all of the help they received from the host nation.

"They have been extremely informative and helpful to us," she said. "You can tell they have the knowledge and desire to help their people; I am so grateful for the opportunity to work with them."

After the first day of medical care, more than 415 patients were seen and more than 650 prescriptions were filled.

"The cooperation and the partnership that we have experienced today working with the host nation was remarkable," said Lt. Cmdr. Kathaleen Sikes. "The more we work together as a team, the more patients we can see and more people are helped. That is the whole reason for this mission."

Medical Personnel currently embarked aboard Kearsarge for CP 2008 include personnel from all the services and Armed Forces medical personnel from Brazil, Canada, France and The Netherlands as well as NGOs Project HOPE and International Aid.

When Kearsarge departs the Dominican Republic, they will move forward with the Continuing Promise mission to Trinidad and Tobago.

BR's Med/Den Team Receives High Scores in Readiness

By Mass Communication Specialist 3rd Class Tiffany Sivels, USS Bonhomme Richard Public Affairs

SAN DIEGO - USS Bonhomme Richard's (LHD 6) Medical and Dental Departments demonstrated their mission readiness at a Medical and Dental Readiness Inspection on September 25.

These inspections were conducted by Expeditionary Health Ser-

vices, which provides regulatory oversight for all waterfront health service departments. The inspections are required every 18 months or 90 days prior to a ship's deployment.

According to Chief Hospital Corpsman (SW/AW/FMF) Patrick Updegraff, both Medical and Dental were evaluated in the areas of administration and training, emergency medical and dental readiness, ancillary services such as laboratory, pharmacy and x-ray capabilities and environmental health programs.

"Oversight of these programs is crucial to ensure we are providing the best level of health care," said Updegraff.

To prepare for the assessment, Medical and Dental provided door-to-door customer service, assessing and verifying immunization, medical

and dental records, as well as conducting an inventory of medical and dental supplies.

"Preparation is an ongoing process and the upkeep of program maintenance is essential to a ship's deploy capability status," said Updegraff. "If a ship is not fully ready, it can drastically affect the mission and tasking of the command."

According to Updegraff, both Medical and Dental earned a C-1 rating, identifying Bonhomme Richard as "Fully Ready" and in mission capable status.

"Our achievement was not just because of one particular person or program," said Updegraff. "It was definitely a team effort of all the Corpsmen and Medical and Dental officers.



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